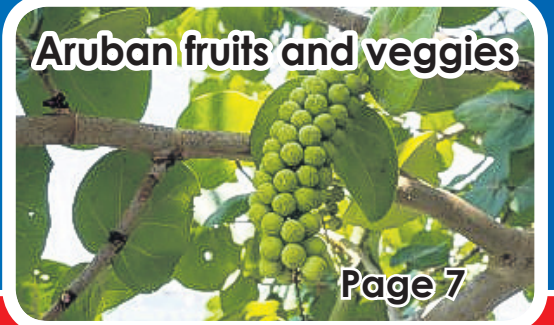




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Gun safety advocates warn of a surge in untraceable 3D-printed weapons in the U.S.

By **CLAUDIA LAUER**
Associated Press

As police departments around the country report a surge in 3D-printed firearms turning up at crime scenes, gun safety advocates and law enforcement officials are warning that a new generation of untraceable weapons could soon eclipse the “ghost guns” that have already flooded U.S. streets.

At a summit in New York City on Thursday, the advocacy group Everytown for Gun Safety will bring together policymakers, academics, 3D-printing industry leaders and law enforcement officials to confront the growing challenge. They fear that as the printers become cheaper and more sophisticated and blueprints for gun parts spread rapidly online the U.S. could be on the brink of another wave of unregulated, homemade weapons that evade serial-number tracking and background checks.

Numbers collected by Everytown from about two dozen police departments show how quickly the prob-



Ghost guns, provided by the New York City Police Department, are displayed in the Manhattan District Attorney's office, in New York, Wednesday, Oct. 15, 2025.

Associated Press

lem is growing: A little over 30 3D-printed guns were recovered in 2020. By 2024, that figure had climbed above 300. While still a fraction of the tens of thousands of firearms seized each year by the nation's nearly 18,000 police departments, the spike mirrors the early trajectory of ghost guns build-it-yourself weapons

assembled from kits that for years eluded federal regulation.

“We are now starting to see what kind of feels very familiar,” said Nick Suplina, senior vice president of law and policy at Everytown. “It's now at a small number of recoveries in certain major cities, such that it's doubling or tripling year over year.

We're seeing this very familiar rate of growth and that's why we're getting this group together to discuss how to stop it.”

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives imposed new rules in 2022 requiring serial numbers, background checks and age verification for ghost-gun kits,

regulations upheld by the Supreme Court earlier this year. Lawsuits and state-level bans eventually pushed Polymer80, once the leading manufacturer of those kits, out of business in 2024. But 3D-printed weapons present a thornier problem. They aren't manufactured or sold through the firearms industry, and neither 3D-printer companies nor the cloud-based platforms that host gun blueprints fall under the ATF's authority. That leaves much of the prevention work to voluntary action and new legislation.

In addition to seeking industry self regulations, the summit aims to bring together academics and policymakers to talk about possible legislative ways to address the issue such as creating statutes to criminalize manufacturing ghost guns or selling blueprints.

In New York, Manhattan District Attorney Alvin Bragg has pressed printer manufacturers and online platforms to take down gun designs and add safeguards against misuse. □

Federal immigration officers in Chicago area will be required to wear body cameras, judge says

By **CHRISTINE FERNANDO**
Associated Press

CHICAGO (AP) — Troubled by clashes between agents and the public, a judge on Thursday said federal immigration officers in the Chicago area will be required to wear body cameras, and she also summoned a senior official to court next week to discuss an enforcement operation that has resulted in more than 1,000 arrests. U.S. District Judge Sara Ellis said she was a “little startled” after seeing TV images of street confrontations that involved tear gas and other tactics during an immigration crackdown by President Donald Trump's administration.

“I live in Chicago if folks haven't noticed,” Ellis said.

“And I'm not blind, right?” Separately, hours later, a federal appeals court ruled against the Trump administration and said a lower court's temporary ban on deploying the National

Guard to assist immigration officers in Illinois would stay in place while the government pursues an appeal. Community efforts to oppose U.S. Immigration and Customs Enforcement

have ramped up in Chicago, where neighborhood groups have assembled to monitor ICE activity and film incidents involving agents. More than 1,000 immigrants have been arrested since September.

An immigration enforcement building in Broadview, outside Chicago, has been the site of regular protests. The Trump administration has tried to deploy Guard troops, in part to patrol at the Broadview location, but the strategy was halted on Oct. 9 for at least two weeks by a different federal judge.

Ellis last week said agents in the area must wear badges, and she banned them from using certain riot control techniques against peaceful protesters and

journalists.

“I'm having concerns about my order being followed,” the judge said.

“I am adding that all agents who are operating in Operation Midway Blitz are to wear body-worn cameras, and they are to be on,” Ellis said, referring to the government's name for the crackdown.

U.S. Justice Department attorney Sean Skedzielewski laid blame with “one-sided and selectively edited media reports.” He also said it wouldn't be possible to immediately distribute cameras. “I understand that. I would not be expecting agents to wear body-worn cameras they do not have,” Ellis said, adding that the details could be worked out later. □



People hold an “Abolish ICE” sign as Illinois State Police move the crowd back after declaring an unlawful assembly outside the U.S. Immigration and Customs Enforcement facility in Broadview, Ill., Saturday, Oct. 11, 2025.

Associated Press

Who's winning the blame game over the shutdown? Here's what a new AP-NORC poll shows

By JOEY CAPPELLETTI and
LINLEY SANDERS

Associated Press

WASHINGTON (AP) — As the government shutdown drags on with no end in sight, a new AP-NORC poll finds that most Americans see it as a significant problem and all of the major players are being blamed. Roughly 6 in 10 Americans say President Donald Trump and Republicans in Congress have “a great deal” or “quite a bit” of responsibility for the shutdown, while 54% say the same about Democrats in Congress, according to the poll from The Associated Press-NORC Center for Public Affairs Research. At least three-quarters of Americans believe each deserves at least a “moderate” share of blame, underscoring that no one is successfully evading responsibility.

The survey, conducted as the shutdown stretched into its third week, comes as leaders warn it could soon become the longest in history. Democrats are demanding an extension of tax credits that have helped millions of people afford health insurance since the coronavirus pandemic, while Republicans have refused to negotiate until Congress passes a funding bill to reopen the government.

The standoff has become a messaging battle, with each party betting the public will blame the other. The stakes are especially high for Democrats, now out of power and searching for a unifying fight to rally around ahead of pivotal 2026 mid-term elections. Slightly more of the public's frustration appears to be aimed at the party in power. The poll finds that about half of Americans say Trump has “a great deal” of responsibility for the shutdown, the very highest amount of responsibility offered in the poll. That's roughly the same share who fault Republicans in Congress, but higher than the 40% who say the same of Demo-



Travelers wait in line for screening at Louis Armstrong New Orleans International Airport in Kenner, La., Wednesday, Oct. 15, 2025.

Associated Press

crats.

Sophia Cole, a 38-year-old Republican mother from St. Louis, placed equal blame for the shutdown on Trump and Congress. Cole, who described herself as a Trump supporter, said both sides “should be able to come together” on a compromise but believes it is ultimately the Republican president's responsibility to broker a deal.

“We're dependent on him to get the House and everyone to vote the way that he needs them to vote,” Cole said.

Democrats and independents more likely to call the shutdown a “major issue” The effects of the shutdown are beginning to be felt across the country. Flights have been delayed, and hundreds of thousands of federal employees who are furloughed or working without pay are starting to miss paychecks.

The poll finds that 54% of U.S. adults call the shutdown a “major issue,” with just 11% saying it is “not a problem at all.” Democrats are most likely, at 69%, to see it as a major problem, but 59% of independents and 37% of Republicans feel the same way. House Speaker Mike Johnson, R-La., said this week the country is

“barreling toward one of the longest shutdowns in American history.” The last shutdown, during Trump's first term, went to for a record 35 days and drew similar public sentiment, with Democrats more likely than Republicans to see it as a major problem.

The White House has warned the impact of the shutdown could be worse this time. While roughly 2 million service members were paid on time this week, the administration has used the federal workforce as leverage, and last weekend it began following through on threats to lay off federal workers. But on Wednesday, a federal judge in California temporarily blocked the firings, saying they appeared to be politically motivated and were being carried out without much thought.

“Things are just going to keep getting worse for federal workers,” said Angie Santiago, a 60-year-old Democrat from Miami. “If people like me are struggling, I can't imagine what federal workers are going through.”

Santiago, who is on disability while her husband works, said she fears the shutdown will worsen economic hardship across the

country. Santiago said during a phone interview that she began regularly going to food banks about a year ago.

“I'm calling you from a food line,” she said. “You're going to see more of these lines popping up. It's going to get bad.”

More favor than oppose extending health care subsidies

At the center of the shutdown is a stalemate over federal tax credits for people who buy health insurance through the Affordable Care Act marketplace. Democrats want the credits extended, while Republicans say they will discuss the issue only once the government reopens.

The poll shows that roughly 4 in 10 U.S. adults support extending the tax credits, while about 1 in 10 oppose it outright. A large share, 42%, have no opinion, suggesting many Americans are not closely following the core dispute driving the shutdown.

Jason Beck, a Republican who is a self-employed insurance agent in Utah, uses the Affordable Care Act marketplace for his own insurance and supports extending the tax credits.

“I know a lot of the shutdown is over health insur-

ance, and I'd rather just keep it the same way it is now,” Beck said of the subsidies.

Democrats say that keeping health insurance prices the same is central to their fight and that prices will skyrocket if Congress doesn't do anything. But even Beck, who is on the Democrats' side with the subsidies, still places equal blame for the shutdown on Democrats, Republicans and Trump.

“Trump's blaming the Democrats, and the Democrats are blaming the Republicans,” Beck said. “We're stuck because there's no middle ground anymore.” Neither party sees a substantial bump in favorability. Both parties have framed the shutdown as a prelude to the 2026 midterms, with Democrats aiming to flip the House. So far, however, it doesn't appear to have meaningfully shifted opinions about either party.

About 3 in 10 U.S. adults have a “somewhat” or “very” favorable view of the Democratic Party, in line with an AP-NORC poll from September. Four in 10 have a “somewhat” or “very” favorable view of the Republican Party, similar to last month.

Confidence in Congress, meanwhile, remains extremely low. Only about 4% of Americans say they have “a great deal” of confidence in the way Congress is being run, while 43% have “only some” confidence and about half have “hardly any” confidence.

But the poll suggests that health care could be a helpful issue for Democrats down the road. The poll found that 38% of Americans trust Democrats to do a better job handling health care, while only 25% trust Republicans more. About 1 in 10 trust both equally, and 25% trust neither.

Rob Redding, a 49-year-old independent voter from New York, supports extending ACA subsidies and credits Democrats for defending them. □

In posthumous memoir, Epstein accuser Virginia Giuffre lashes out against those she says abused her

By **MICHAEL R. SISAK and LARRY NEUMEISTER**
Associated Press

NEW YORK (AP) — A posthumous memoir by Jeffrey Epstein accuser Virginia Roberts Giuffre offers an expanded account but few new revelations about her longstanding claims to have been sexually trafficked by the late financier to billionaires, politicians and Britain's Prince Andrew. Titled "Nobody's Girl: A Memoir of Surviving Abuse and Fighting for Justice," the book is set for release Tuesday. It was co-written by author-journalist Amy Wallace, and was completed before Giuffre died by suicide in April. Giuffre told her story in interviews and lawsuits for 16 years. The book, which she said enabled her to tell her whole story and "provide context where it has been sorely lacking," revisits her allegations involving the men who socialized with Epstein, but carefully so. In many instances, she has left their names out, writing that she either didn't know them or feared retaliation. But she has added details and description of how her alleged experiences with Epstein after what she



Virginia Roberts Giuffre, center, who says she was trafficked by sex offender Jeffrey Epstein, holds a news conference outside a Manhattan court where sexual assault claimants invited by a judge addressed a hearing following Epstein's jailhouse death in New York, Aug. 27, 2019.

Associated Press

said was a traumatic childhood and other instances of sexual abuse affected her psychologically and left her struggling to cope. Giuffre also seeks to explain how she was able to rationalize staying for nearly two years in what she called "Epstein's sickening world." "I needed him not to be a selfish, cruel pedophile. So I told myself he wasn't one,"

she wrote about her mindset at the time. Giuffre first met Epstein in the summer of 2000, weeks before she turned 17, while working at the spa at President Donald Trump's Mar-a-Lago club in Palm Beach, Florida. In the book, she retells the story of being hired by Epstein's longtime companion, Ghislaine Maxwell, to work as a "masseur

for Epstein. She said Epstein and Maxwell coaxed her into performing sex acts during massages, then began taking her to his luxurious homes in New York, the U.S. Virgin Islands and New Mexico, where she says she met and sometimes was directed to have sex with numerous famous friends and acquaintances of Epstein. Maxwell has denied partici-

pating in any sexual abuse and called Giuffre's account of being trafficked a lie, as have all of the men she has publicly accused. In the book, Giuffre details alleged encounters with Prince Andrew, who she sued in 2021, claiming that they had sex when she was 17. Andrew denied her claims and the two settled the lawsuit in 2022. Speculation that Epstein was involved in a global sex trafficking ring continues to cause headaches for the Trump administration, which has been under pressure to publicly release more records related to the FBI's investigations of Epstein and Maxwell. Even Giuffre, in the concluding pages of the book, asks: "Where are those videotapes the FBI confiscated from Epstein's houses? And why haven't they led to the prosecution of any more abusers?" In the book, she describes meeting Trump once at Mar-a-Lago, where her father worked, but doesn't accuse Trump of wrongdoing. Trump "couldn't have been friendlier," Giuffre said, adding that he offered to help her find babysitting work. □

Suspect in deadly Palisades Fire to be moved to California from Florida after grand jury indictment

By **MIKE SCHNEIDER**
Associated Press

ORLANDO, Fla. (AP) — A suspect in the Los Angeles area's deadly Palisades Fire earlier this year was ordered to be moved to California on Thursday from central Florida, where he was arrested last week. A hearing for Jonathan Rinderknecht that had been scheduled in Orlando, Florida, for Friday was canceled. His next hearing will be an arraignment in Los Angeles in the upcoming weeks, according to federal prosecutors. The order to move Rinderknecht from Florida to California came a day

after a grand jury in Southern California indicted him on one count each of destruction of property by means of fire, arson affect-

ing property used in interstate commerce and timber set afire. Rinderknecht was arrested last week along Florida's



This undated photo provided by the US Attorney's Office shows Jonathan Rinderknecht, a suspect in the Palisades Fire.

Associated Press

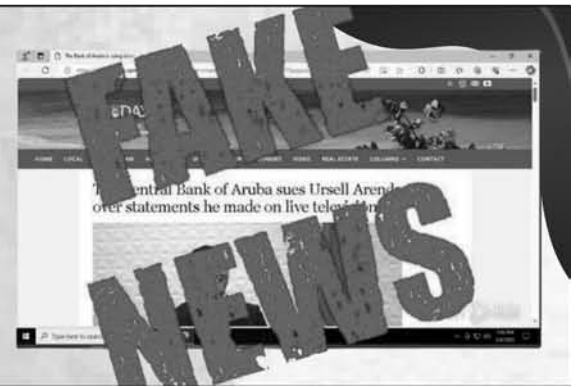
Space Coast, where he had been living in his sister and brother-in-law's house for the past five months. He was ordered to remain in federal custody during a court hearing last week because of the magistrate judge's concern about his mental health and his ability to get to California for future court hearings. At the court hearing, he was represented by a public defender. But he has since hired defense attorney Steve Haney, who previously represented a former aspiring sports business manager who was among those convicted in a college basketball bribery case.

Federal officials have said Rinderknecht, who lived in Southern California at the time, started a small fire on New Year's Day that smoldered underground before reigniting nearly a week later on Jan. 7 and roaring through the coastal Pacific Palisades and Malibu. The fire, which left 12 dead in hillside neighborhoods, was one of two huge blazes that broke out that day. They killed more than 30 people in all and destroyed over 17,000 homes and buildings in Los Angeles County. Rinderknecht was first interviewed by authorities on Jan. 24. □

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The EU unveils a plan to be ready within 5 years to fend off any Russian attack

By LORNE COOK
Associated Press

BRUSSELS (AP) — The European Union on Thursday laid out a plan aimed at ensuring that Europe can defend itself against outside attack by the end of the decade as concern mounts that Russia is already probing the bloc's defenses.

A top priority would be to erect drone defenses to detect, track and disable rogue drones, following a series of troubling airspace violations across Europe over the last month some close to Europe's borders with Russia, Belarus and Ukraine.

This European Drone Defense Initiative would be a key part of a broader scheme dubbed Eastern Flank Watch to strengthen defenses along Europe's eastern border on land, in the Baltic and Black seas and in the air, as well as against hybrid attacks.



High Representative of the European Union for Foreign Affairs and Security Policy Kaja Kallas speaks during a news conference with Ukraine's Foreign Minister Andrii Sybiha, not pictured, at the Ministry of Foreign Affairs, Monday, Oct. 13, 2025, in Kyiv, Ukraine.

Associated Press

The aim is to have them both initially operational by December next year, with the drone system fully

functional in late 2027, and Eastern Flank Watch in full swing by the end of 2028. Separate air and space

shields over Europe would also be developed. "Over the next few years, there must be a major

buildup of European defense capabilities," EU foreign policy chief Kaja Kallas said as she unveiled the European Commission's plan. "Russia has no capacity to launch an attack on the European Union today, but it could prepare itself in the years to come. Danger will not disappear, even if the war in Ukraine will end," she told reporters.

A new defense 'road map' The commission will submit its Defense Readiness Roadmap 2030 essentially a check list of equipment for national governments to buy and deadlines to respect over the next five years to the 27 EU leaders for their feedback at a summit in Brussels next week.

The early signs are positive. The issue was chewed over by the leaders in Copenhagen in early October, and their positions on how to respond to the incidents blamed on Russia have hardened. □

Leading bishop among Armenian clerics arrested in government crackdown on church

By AVET DEMOURIAN
Associated Press

YEREVAN, Armenia (AP) — A bishop in the influential Armenian Apostolic Church has been charged with coercing citizens into taking part in public gatherings in the latest in a series of arrests against critics of the country's Prime Minister Nikol Pashinyan. Bishop Mkrtich Proshyan is also accused of using his office to commit large-scale theft and obstruct electoral rights, Armenia's Investigative Committee said Wednesday. The Armenian Apostolic Church, whose leaders

largely oppose Pashinyan, condemned the arrest as part of a systematic campaign against it. "There is obvious malicious intent to hinder the normal activities of the church," it said on social media.

Twelve other clergymen from the same diocese were detained with Proshyan, the church said. It did not specify if they were still being held.

Police launched an investigation into Proshyan in September after a member of the clergy accused the church of pressuring its members to take part in anti-government rallies

in 2021. He also accused unnamed senior clergy in Proshyan's diocese of cor-

ruption and misconduct. Proshyan's arrest is the latest in a series of high-profile

arrests against leading Armenian clergy in recent months as Pashinyan has sought to discredit his political opponents. Archbishop Mikael Ajapahyan, who was arrested in June, has been sentenced to two years in prison after being found guilty of calling for an overthrow of the government.

Pashinyan has repeatedly called for the head of the Armenian Apostolic Church, Catholicos Karekin II, to resign over accusations that he is a father, despite a vow of celibacy. Proshyan is Karekin II's nephew. □



Armenian Prime Minister Nikol Pashinyan attends a meeting with Russian President Vladimir Putin at the Senate Palace of the Kremlin in Moscow, Russia, Friday, Sept. 26, 2025.

Associated Press

Gen Z protests in Peru leave at least 1 dead, 100 injured, prompting investigation

By **FRANKLIN BRICEÑO**

Associated Press

LIMA (AP) — Protests led by Gen Z activists to demand the resignation of Peru's president turned violent overnight, prompting investigations by authorities on Thursday into at least one civilian death. About 100 people were also injured, including 80 police officers and 10 journalists, officials said.

The protests began a month ago calling for better pensions and wages for young people and expanded to capture the woes of Peruvians tired of crime, corruption and decades of disillusion with their government. After the seventh president in less than a decade was sworn in on Oct. 10, protesters called for the resignation of Peru's new president and some lawmakers.

Peru's prosecutor's office announced Thursday that it was investigating the death of 32-year-old protester and hip-hop singer Eduardo Ruíz, who prosecutors said was shot by firearm during the mass demonstration of thousands of young people. It wrote on the social media platform X that it has ordered the removal



Demonstrators clash with riot police near Congress during a protest against new President Jose Jeri in Lima, Peru, Wednesday, Oct. 15, 2025.

of Ruíz's body from a Lima hospital and the "collection of audiovisual and ballistic evidence in the area where the incident occurred, in the context of serious human rights violations." Local media and security cameras showed video of Ruíz collapsing in a Lima street after a man fleeing from several protesters fired a shot. Witnesses said the shooter was running away

because he was accused of being a plainclothes police officer infiltrated among the demonstrators. At least 24 protesters and 80 police officers were injured in the demonstrations, according to Peru's Ombudsman's Office. Six journalists were struck by pellets and another four were assaulted by police, according to the National Association of Journalists.

The Peruvian protests come amid a wave of protests unfolding across the world, driven by generational discontent against governments and anger among young people. Protests have broken out in Nepal, the Philippines, Indonesia, Kenya, Peru and Morocco, with protesters often carrying black flags with the "One Piece" anime symbol a pirate skull

wearing a straw hat. In Lima's main plaza 27-year-old electrician David Tafur said he decided to join the demonstration after learning about it on TikTok. "We're fighting for the same thing against the corrupt who here are also killers," he said, referring to violent 2022 protests and government crackdown in which 50 people were killed. The escalating tensions come just days after Peru's Congress ousted President Dina Boluarte, was known as one of the least popular presidents in the world for repressing protests and failing to control crime.

José Jerí, the 38-year-old president of Congress, then took office, promising to get a recent crime wave under control. He swore in Ernesto Álvarez, a ultra-conservative former judge active on social media, as prime minister.

The president expressed regret over the protester's death. Álvarez has not yet commented on it, but previously claimed said that Peru's Gen Z is a "gang that wants to take democracy by storm" and does not represent "the youth who study and work." □

Associated Press

A former security guard at the U.S. Embassy in Norway is convicted of spying for Russia and Iran

OSLO, Norway (AP) — A former security guard at the U.S. Embassy in Norway was convicted of espionage Wednesday after a

court in Oslo found that he spied for Russia and Iran. The 28-year-old Norwegian man, whose name has not been made public, was

sentenced to three years and seven months behind bars. He had acknowledged the indictment's facts but denied any criminal guilt. Prosecutors said he handed over details about the embassy's diplomats, its floor plans and security routines, among other things, Norwegian state broadcaster NRK reported. The broadcaster reported that American ties to Israel and the war in Gaza prompted the man to contact Russia and Iran. The man's defense attorneys, in a statement Thursday, said the verdict raises questions about what is considered espionage under Norwegian law.

"He lied about having security clearance to agents from other countries and exaggerated his own role," attorney Inger Zedig of Elden Law Firm said in the statement. "He had roughly the same level of access as a janitor at the embassy. The information he shared was worthless and neither separately nor collectively capable of harming individuals or the security interests of any state." The defendant was found guilty of five espionage-related charges and acquitted of gross corruption. His defense attorneys are weighing whether to appeal the verdict, while prosecutor Carl Fredrik Fari

said his team is considering appealing the sentence because the state had asked for more than six years in prison.

At the time of his arrest last November, the man had been studying for a bachelor's degree in security and preparedness at Norway's Arctic University, UiT. It is a second such case at UiT in recent years, according to NRK. One of the people the West swapped with Russia in a major prisoner exchange last year was a UiT guest researcher who claimed to be a Brazilian named José Assis Giammaria, arrested on espionage allegations in 2022. □



The Norway, left, and US flags are seen on the table at the Pentagon, on Sept. 20, 2022, in Washington.

Associated Press

Taste the natural flavors of Aruba

Fresh fruits make a tropical holiday's picture complete. Whether you see the mango's hanging in the trees or the fresh fruit cocktail on the side table of your pool bed, the link is there: you are in the tropics. Aruba grows her own fruits and veggies and there are some pretty out-of-space local species you may never had heard of, but really healthy and delicious.

Mispel



This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year- round.

Konkomber chikito



This is a sort of local squash, but looks like a cucumber with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a soft, fleshy pulp and seeds, just like the cucumber. Konkomber chikito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The veggie contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements needed for healthy digestion: water and fiber. Season: year- round.

Kenepa

Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin

is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system. Season: the fruit typically ripen during the summer.

Druif



There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of fruit that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

Shimarucu



Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan).

Tamarind

A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid, and calcium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year- round.

Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture—more so than snap beans—and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna



In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruban restaurants is Sopa Di Pompuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups. □

Create museum memories

Museums are an integral part of conserving and honoring cultures, and Aruba is no exception. Our Island has a wide selection of various museums for our locals and visitors to see. Take this opportunity to learn about our island and experience a different day beyond the beach. Let us introduce to you these locations.

Museum of Industry Aruba
Museum of Industry in San Nicolas, better known as the art capital of Aruba. This museum presents the history of gold, aloe, phosphate, oil and tourism through elaborated displays and multimedia installations.

The Museum of Industry is situated in the Water Tower

in San Nicolas and narrates Aruba's industrial history which began in the 19th century. The Water Tower was built in 1939 and consists of three sections: the substructure, the high-rising vertical shaft, and the tank at the top. The Water Tower was purchased by the Monuments fund in 2003 so it could be restored and preserved as one of Aruba's monuments. The Museum of Industry is part of Fundacion Museo Arubano (FMA), which is a foundation set to maintain, preserve, and protect the Aruban culture sector, history, and nature. The museum of Industry is open daily from 9 am till 1 pm.

For more information check out their Facebook page



Museum of Industry Aruba.

Archaeological Museum of Aruba

The Archaeological Museum of Aruba is located at Schelpstraat 42 in downtown Oranjestad. The renovated historic Ecury complex in downtown Oranjestad has been transformed from a family home to a modern museum that preserves Aruba's Amerindian cultural heritage. This 21st century museum is especially designed to preserve valuable artifacts dating back to the Pre-Ceramic period of 2500 BC.

In the late 1980's AMA identified its need for an adequate housing for its collection and activities. After studying various options, a project proposal was drawn up, including the acquisition and restoration of historical buildings in downtown Oranjestad.

These historical buildings were formerly the property of the Ecury family. The "Ecury Complex", is a cluster of single and two-story historic buildings, mainly Dutch colonial architecture from the late 19th and 20th century on a plot of approximately 1.700 m2.



In 1997 the Aruban Government bought the complex for the National Archaeological Museum project. In 2004 a financial agreement was signed with the European Development Fund and in 2006 restoration and construction work began on the monumental buildings and the new to build exhibition space. In December 2007 the key to the complex was delivered and the museum's employees moved to the new location. The final design for the exhibit was completed in November 2007 and the permanent exhibit, financed by the Aruban Government and the Union of Cultural Organizations (UNOCA), opened in July 2009.

At the new location the National Archaeological

Museum Aruba disposes of approximately 500 m2 for its permanent exhibit. This exhibit conveys through archaeological objects and modern exhibition techniques information on the origin and culture of the first inhabitants of the island. The new permanent exhibit gives the visitor an insight into the cultures that inhabited the island in Pre-Historical and Early Historical times. The museum also hosts an attractive public program including lectures, educational projects, temporary exhibits and workshops.

The museum is open daily from 9:30 am till 4:30 pm.

For more information check out the Facebook page Museo Arqueologico Nacional Aruba. □

Visit the natural bridges of Aruba!

(Oranjestad)—After you've visited the Alto Vista Church, the Bushiribana Gold Mill Ruins and the mini natural pool that is located right next to it, you're next up around the northern coast line must be the Natural Bridge. Once the largest natural bridge in the Caribbean, this bridge has been a tourist attraction for

many years.

The bridge was formed during thousands of years, cut and crafted by the wild waves that crash into the coral stone walls of the coast. Before its collapse, this bridge measured 30 meters in length and 7 meters in height, making it the

biggest natural bridge in the Caribbean at the time. For many years, this site was also a frequently visited beach, as the bridge had a small opening through which the water would flow into the tiny beach.

Unfortunately in 2005, the bridge collapsed, and the



little beach dried up. Despite this, this site remained a tourist attraction, with many visitors walking along the coral cliffs of the bridge to see the spectacular view of the northern coastline and the Caribbean Sea. Visitors can also still visit the souvenir

shop on the left of the bridge entrance.

While the natural bridge no longer is functional, there is now a smaller natural bridge very close. This bridge is often called the "Baby Bridge" or "Daughter Bridge". □

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Aruba's underwater wonderland

(Oranjestad)—Exploring the underwater wonders is something you should definitely do during your stay in Aruba. The underwater world has everything to offer that makes a snorkel trip so exceptional; an impressive, colorful sea life with exotic fishes, turtles and beautiful coral reef. The historic shipwrecks, located on the Aruban seabed are also worth a visit. Aruba is known for its white beaches and blue oceans, which means there are many fascinating under water spots, where you can take your snorkeling gear and we selected the top spots for you.

Tres Trapi



Tres Trapi means tree steps in Papiamentu, Papiamentu is together with Dutch the official language spoken on Aruba. The beach is called Tres Trapi because it is accessible by the tree steps carved into the rocks. Tres Trapi is a small rocky beach, located on the north-western side of the island, approximately 5 to 10 minute drive from Palm Beach. From the unique steps you can easily walk over the beach into the clear and turquoise blue ocean. While snorkeling you will encounter all kind of tropical fishes and sea stars. The kind of starfish you will find in the Aruban waters is the red cushion sea star. This is a starfish that is commonly found in the shallow waters of the Caribbean sea and if you are lucky during your snorkeling visit to Tres Trapi, you may come across one of the green sea turtles. Respect the animal, keep your distance and enjoy the view. Also remember; it is a once in a life time experience.

Antilla shipwreck

Antilla is a 400-foot-long long ship, built in 1939 in Hamburg, Germany. Antilla came to Aruba, because it had to find a neutral port. When Germany invaded the Netherlands on May 10, 1940, the crew decided to let their own ship sink, to prevent it from falling into the hands of the Dutch Navy. Antilla lies on its portside in Malmok bay, and the sunken word war two ship is now one of Aruba's most popular snorkeling and dive spots.



However, the ship wreck can only be reached by boat. The ship is visible from the surface and during your snorkeling trip you be surrounded by hundreds of tropical fishes, but the ship wreck alone is already impressive enough.

Baby Beach

Baby beach; a white beach, with a crystal blue ocean. The beach is located on the southern part of the island. On the way to the famous beach, you will drive through the old capital of Aruba, San Nicolas. The old Aruban culture can be still felt and experienced here, so do not hesitate to get out of your car and walk around for a while. Baby beach is a child friendly beach, since it is shallow and the water has a pleasant temperature. The name therefore fits well with the beach. Baby beach is an excellent beach for snorkeling, especially if you want to go with small children, because the water remains shallow and there are still many underwater wonders to see. In the ocean there is an area marked until where it is recommended to snorkel and on the beach you will find different facilities. It is a perfect beach to spend your day snorkeling and relaxing.

Mangel Halto

Mangel Halto beach is located in Savaneta, on the southern-west part of the island. The beach is different from the other beaches in Aruba; it is beach full of mangroves. You reach the beach by a bridge through the mangroves and then you will have several entrances to the sea. There are diverse spots where you can enjoy a perfect beach day, wooden stairs made to enter the water and a dock to sit on and enjoy the view. Mangel Halto is also worth a visit for the snorkeling experience. Inside the bay, the water is clear and you find many colorful fish. Outside the bay is a bit more challenging for beginners because of the wind and the waves, but the coral is alive and it is just like snorkel heaven. □



Planning on snorkeling? Get to know our Candelchi!

ORANJESTAD—If you're ever planning on snorkeling during your vacation on Aruba, you may spot fish that you can't recognize. One of these may be the "Candelchi" (Squirrelfish), a common, yet shy fish that swims all year long in the waters of Aruba.

Let's talk about the names of fish. Do you know your fish? The Department of Department of Agriculture, Livestock, and Fisheries, known as Santa Rosa, offers this informative article that illustrate some fish and their names in Papiamentu.

Candelchi, Squirrelfish, *Holocentrus adscensionis*:

Candelchi actually refers to the entire squirrelfish family or, as some say, when we say candelchi, we mean several different species but without distinguishing them by species. In this picture, we are showing the most common one in



our waters, which is called squirrelfish in English or scientifically known as *Holocentrus adscensionis*.

Under candelchi, we in Aruba generally refer to all the

different species of squirrelfish. They all look alike and it's really difficult to distinguish between them.

The squirrelfish family is distinguished by the following

characteristics. They are heart-shaped with pink or red hues and often show heart-shaped streaks between the scales along the body. They have hard fins and are always armed.

Over at our sister island Curaçao, they are called "bari di clabo" (nail barrel) for that reason.

In our waters, there are 7 to 8 types or species present and they are sometimes caught and seen occasionally. They can be distinguished by different marks such as color on the dorsal spine or marks on the body.

In Aruba:

Candelchi are found on reefs or areas with structure in the water where they can hide. Although they prefer to hunt for food at night, they are also active during the day. They are edible and delicious when prepared dry and crispy with lime. It is particularly challenging to scale the fish, which is why it is not one of the favorites among fishermen. They often live in groups. □

Visit the historic museum at Fort Zoutman!



(Oranjestad)—Located in the middle of downtown Oranjestad, situated right next to the government building "Cocolishi", is one of the oldest buildings of Aruba: Fort Zoutman. First constructed in 1796, this site has been used (or left unused) in many ways and have survived eras of war and attempted dismantling.

When anyone refers to Fort Zoutman, they are actually referring to two separate buildings that, over the years, have been merged: the fort and the tower. That's right, the iconic 5-story, squared tower was not part of the original structure of the fort, and is actually called "Willem

III Toren". Constructed in 1867, this tower was named after the then-reigning king of The Netherlands, Willem III. Willem III Toren was originally a light tower, but after

a request from Lieutenant Governor Jan Helenus in 1866, it also became a bell tower.

The fort itself was originally constructed to protect the commerce bay of Paardenbaai from pirates and other disreputable characters roaming the Caribbean Sea. Unlike the Willem III Toren, Fort Zoutman had a more tumultuous past, including the on-and-off reception of unwanted members of the English military several times



(The Netherlands was at constant war with England back in the colonial era).

Over the years, both the fort and the tower had functioned as different government center points, including a tax and stamps office. For some time these two buildings also housed a police precinct and jail, and even experienced abandonment until the Cultural Center Aruba Foundation (CCA) petitioned for its renovation in 1964, turning the site into the Historic Museum it currently is.

Despite its small size, The Historic Museum guards a rich depository of the commercial, military and social history of Oranjestad, offering a glance into how the social culture of the town came to be. If you are interested in history and want to learn more about Aruba, then Fort Zoutman should definitely be included into your itinerary.

The museum is open Monday to Friday from 9am-6pm, and Saturday from 10am-2pm. □

Source: The Old Fort of Aruba by Jan Hartog.

Keeping up with the conniving spider... Nanzi fools Cha Tiger

Many years ago, Cha* Tiger did not live in the mondi*, but among civil society. Back then, he was feared by everyone. When he walked past in a halfway, everyone around would make room immediately, that's how ferocious he was.

One night a group of friends was hanging out and they were talking about Cha Tiger. "You know, that tiger sure is incredibly strong and I don't trust him one bit. He probably eats a lot too. Oh, I'm so scared of him!" one person said.

"Oh, don't be stupid! What can Cha Tiger do? He's all bark and no bite, that's it. I certainly am not afraid of him. I bet you guys that I could even sit on his back like I would any donkey." It was Nanzi who said this. The people around him laughed at his remarks, thinking how silly it was for him to say such things.

"You, Nanzi? You are such a liar! He'll stomp you into next Tuesday, stop saying such nonsense."

"I'm not lying!" Nanzi defended himself. "He'll take me all the way to Shon Arei*."

The next morning, Shon Arei already knew of what Nanzi had been saying about Cha Tiger. He was really curious to see if Nanzi was brave enough to put his money where his mouth is. Cha Tiger walked past.

"Hey, Cha Tiger!" someone called to him. He growled at the person. "Hey, Cha Tiger! Listen!"

"Nanzi made fun of you, said he wasn't afraid of you at all! Said he could sit on your back and that you weren't as strong as we think you are."

Cha Tiger stopped dead in his tracks, furious. "Well, I'll set him straight!" Cha Tiger ran toward Nanzi's house, prepared to teach Nanzi a painful lesson. The entire way there he was growling and yelling, making everyone around aware what was going to happen. They all ran inside and peaked through the blinds to see the fight that was going to unfold.

Nanzi also heard Cha Tiger's screams, slowly getting closer and closer. He was terrified. His face turned pale, and his teeth started chattering like someone with a high fever. Sweat was dripping down his forehead.

When Cha Tiger arrived at Nanzi's place, he stormed in and saw Nanzi's frail body lying face down in the corner. "Hey, how are you, Cha Tiger?" Nanzi asked, his voice trembling. "I Heard you were making fun of me in front of your little friends, so I came to hear from your own mouth what you have to say to me," Cha Tiger

retorted, still fuming.

"Me? Talk bad about you?" Nanzi chuckled nervously. "People are such liars, I swear. Can't you see how sick I am here?" Nanzi took a pause, like someone who couldn't breathe properly. In his case of course, it was probably from extreme fear. "Shi Maria* wanted to take me to Shon Arei, where someone can heal me from my illness." Still wrapped up in his act, Nanzi turned back face down. "Me, a father of nine little children..."

Cha Tiger was shocked. Nanzi looked absolutely terrible, God knows he was dying.

"Cha Tiger, you're strong. Could you put me on your back and take me to Shon Arei, I can barely walk," Nanzi pleaded. Cha Tiger took pity on the spider and agreed to do this favor. Nanzi climbed on the tiger's back, letting his body fall down and grabbing on to Cha Tiger's neck. "Would you mind putting a rope in your mouth so I can hold on? That way I can sit up straight," Nanzi asked. Cha Tiger growled in reluctance but said OK. And so they made their way to Shon Arei.

Once they started traveling through the mondi, Nanzi turned to Cha Tiger and said: "These mosquitos are so annoying! Cha Tiger, do you mind if I cut a piece of branch so I can keep these mosquitos away?" Cha Tiger let him take his branch.

Eventually they made it out the mondi to where everyone else was. Nanzi immediately perked up and whacked Cha Tiger with his branch, making the tiger jump. He ran all the way to Shon Arei's castle. Exhausted, he plumped down in front of His Majesty.

"See, Shon Arei? Cha Tiger ain't nothing but a big donkey!" Nanzi said proudly. Everyone around cheered: "Hurray, Nanzi!" Poor Cha Tiger was so embarrassed that he was fooled by the conniving spider, and so he ran into the mondi to hide. To this day, it's said that the tiger still hides away in the mondi.

Cha: Nickname placed in front of someone's name and can mean anything, like friend. However, it often has negative connotations first.

Mondi: dry wooded areas found on the ABC islands.

Shon Arei: The King

Shi Maria: Nanzi's wife.

Story and pictures are from "Kon Nanzi a Nek Shon Arei (i otro kuentanan antiano di e araña sabi)" by Nilda Pinto. □



CROSSWORD

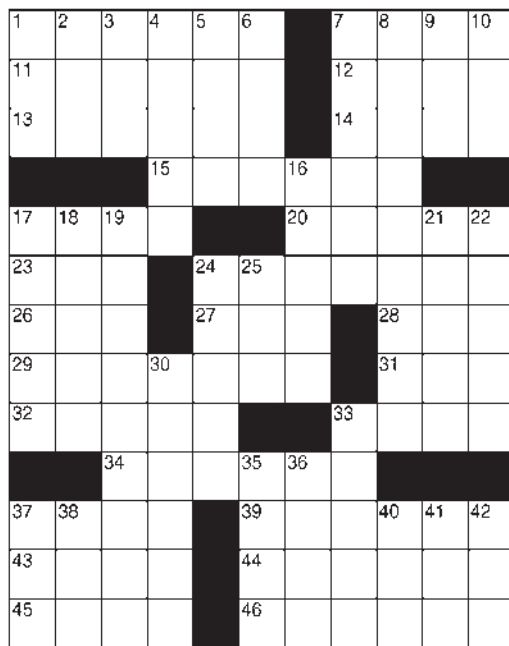
By THOMAS JOSEPH

ACROSS

- 46 Did garden work
- 1 Wheedle
- 7 Has debts
- 11 Maine national park
- 12 Infamous emperor
- 13 Little devils
- 14 Delighted
- 15 Modernize, as a factory
- 17 Shop tools
- 20 Nest builders
- 23 Uno plus due
- 24 "I couldn't have said it better!"
- 26 Motor need
- 27 Heady brew
- 28 Mess up
- 29 Not too dark
- 31 Role for Keanu
- 32 New York's — Island
- 33 Dance bit
- 34 Cornell's home
- 37 High noble
- 39 Ordinary
- 43 Manual reader
- 44 Hire
- 45 June honorees

DOWN

- 1 Scoundrel
- 2 Perfect
- 3 Toast
- 4 Smells
- 5 Script unit
- 6 Sunrise site
- 7 Like accurate soccer shots
- 8 Like time used productively
- 9 Memo-rable time
- 10 Lawn starter
- 16 Little hooter
- 17 Vermont resort
- 18 "The Tempest"
- 19 Popular
- 21 Blender speed
- 22 Razor sharpener
- 24 Joe of The Eagles
- 25 Quarter-back
- 30 Cola buys
- 33 Private's boss
- 35 Over again
- 36 Volcano shape
- 37 Bad bomb
- 38 Much of N. Amer.
- 40 Ticked off
- 41 Long time
- 42 Was ahead



10-25

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

10-25 CRYPTOQUOTE

R M W Y T B T A R B T B O X F O R A N

Z R O M I X Y T . M W O T R F O X X

D V T W O W C E V B T J O X C T W V .

— U W V O R J I E O M T V N R J D P V .

Cryptoquote: LET THE STARS SHINE UPON THE END OF YOUR ROAD. — J.R.R. TOLKIEN, "FELLOWSHIP OF THE RING"

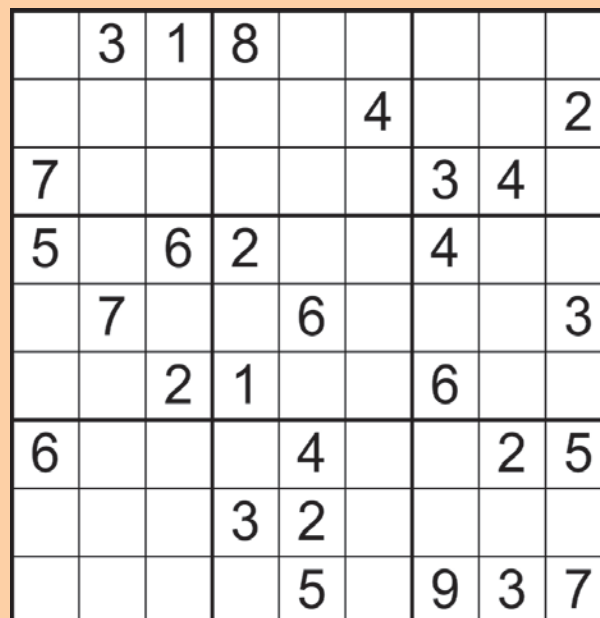
Cruise ship Schedule: Oct. 14 - 26 2025

			ARR	DEPT	BERTH	CALLS
TUE	14	CARNIVAL HORIZON	09.00	23.00	C	1
WED	15	SERENADE OF THE SEAS FREEWINDS	08.00 06.00	23.00 ****	C E	1 1
FRI	17	CELEBRITY SILHOUETTE	07.00	17.00	C	1
SUN	19	NORWEGIAN ESCAPE CARIBBEAN PRINCESS FREEWINDS - Dept.	07.00 09.00 ****	17.00 22.00 22.30	B C E	1 1 -
TUE	21	SERENADE OF THE SEAS	08.00	23.00	C	1
WED	22	RHAPSODY OF THE SEAS OASIS OF THE SEAS FREEWINDS	08.00 07.00 06.00	23.00 16.00 ****	C I E	1 1 1
THU	23	EURODAM	08.00	17.00	C	1
SUN	26	FREEWINDS - Dept.	****	22.30	E	-

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku



Difficulty: ★★★★★

10/17

Answer to previous puzzle

2	8	5	9	6	3	4	7	1
7	1	6	4	2	8	3	5	9
9	3	4	7	5	1	6	8	2
3	9	8	5	7	2	1	6	4
5	6	7	3	1	4	9	2	8
1	4	2	6	8	9	5	3	7
6	7	1	2	4	5	8	9	3
4	5	9	8	3	7	2	1	6
8	2	3	1	9	6	7	4	5

Difficulty: ★★★

10/16

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic—but important—information that we think may come in handy to Aruba's visitors.

Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.

Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occurs, so keep yourself and your belongings safe.

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24/7

Obesity remains high in the US, but more states are showing progress, a new report finds

By JONEL ALECCIA
AP Health Writer

For the first time in more than a decade, the number of states with rates of obesity of 35% or more has dropped, an encouraging sign that America's epidemic of excess weight might be improving. But cuts to federal staff and programs that address chronic disease could endanger that progress, according to a new report released Thursday.

Nineteen states had obesity rates of 35% or higher in 2024, down from 23 states the year before, according to an analysis of the latest data collected by the U.S. Centers for Disease Control and Prevention. The CDC data was analyzed by the nonprofit group Trust for America's Health.

The group's analysis follows a CDC report last year that found that the overall rate of obesity in the U.S. is high but holding steady, affecting about 40% of the population.

While the decline is positive, "it's too soon to call it a trend," said Dr. J. Nadine Gracia, president and chief executive for TFAH.

And with recent federal funding cuts, staff layoffs and eliminated programs, "this potential progress is also at risk," Gracia said.

A U.S. Health and Human Services Department spokesman said in an email that the administration is "encouraged by the new data showing progress in the fight against obesity."

"We are restructuring public health programs to eliminate waste, reduce bureaucracy, and redirect resources toward real prevention," said spokesman Andrew Nixon.

The latest report analyzed data from the CDC's 2024 Behavioral Risk Factor Surveillance System, which uses annual telephone surveys to collect data on health behaviors and chronic conditions in U.S. states and territories.

It showed that 19 states had obesity rates among adults of 35% or higher, 22



A subject's waist is measured during an obesity prevention study in Chicago on Jan. 20, 2010.
Associated Press

states had rates between 30% and 35% and nine states had obesity rates of below 30%. The rates varied from a low of 25% in Colorado to a high of more than 40% in West Virginia. Between 2023 and 2024, no state had statistically significant increases or decreases in their obesity rates, after 18 states saw significant increases in the previous five years, the report found.

Before 2013, no state had an adult obesity prevalence at or above 35%. By 2019, a dozen states had rates that high and the number continued to

climb. In adults, obesity is defined as having a body mass index of 30 or higher. Body mass index is a calculation based on height and weight. Obesity is a chronic disease linked to a host of serious health problems including diabetes, stroke, cancer and heart disease. It's not clear exactly what may be driving the apparent improvements in obesity. Wider use of drugs such as Wegovy and Zepbound which target appetite and slow digestion could be starting to show up in reported data, said Aviva Musicus, a science director for the Center for

Science in the Public Interest, an advocacy group. Increased support for nutrition assistance programs during the COVID-19 pandemic might also be a factor, she suggested. □



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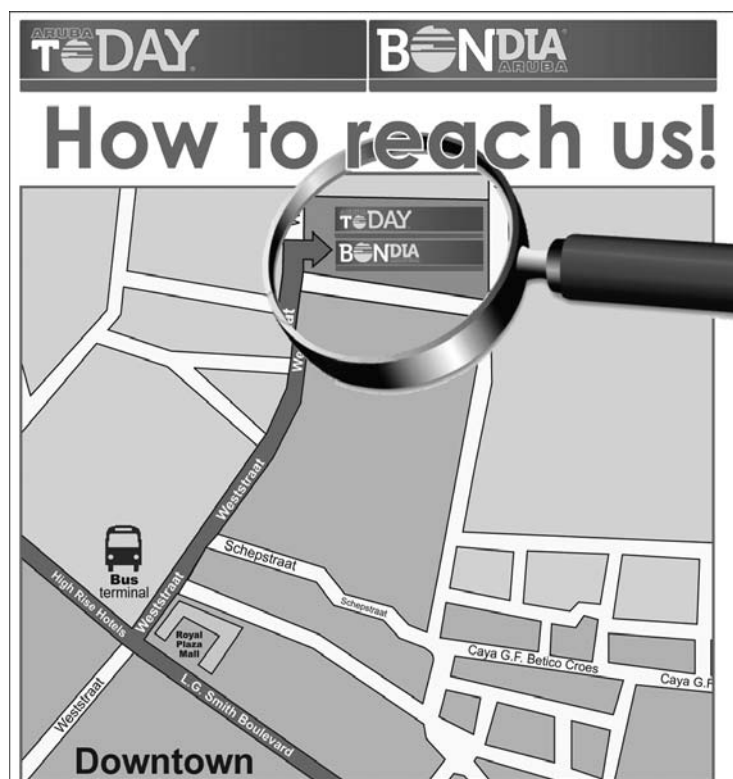
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Red Cross	582 2219

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Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

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American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

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ARUBA TODAY NEWS

In 'Mr. Scorsese,' fitting a filmmaking titan into the frame

By **JAKE COYLE**

AP Film Writer

NEW YORK (AP) — The first time the filmmaker Rebecca Miller met Martin Scorsese was on the set of 2002's "Gangs of New York." Miller's husband, Daniel Day-Lewis, was starring in it. There, Miller found an anxious Scorsese on the precipice of the film's enormous fight scene, shot on a sprawling set.

"He seemed like a young man, hoping that he had chosen the right way to shoot a massive scene," Miller recalls. "I was stunned by how youthful and alive he was."

That remains much the same throughout Miller's expansive and stirring documentary portrait of the endlessly energetic and singularly essential filmmaker. In "Mr. Scorsese," which premieres Friday on Apple TV, Miller captures the life and career of Scorsese, whose films have made one of the greatest sustained arguments for the power of cinema.

"We talk about 32 films, which is a lot of films. But there are yet more films," Miller says, referencing Scorsese's projects to come. "It's a life that overflows its own bounds. You think you've got it, and then it's more and more and more."

Scorsese's life has long had a mythic arc: The asthmatic kid from Little Italy who grew up watching old movies on television and went on to make some of the defining New York films. That's a part of "Mr. Scorsese," too,



This image released by Apple TV+ shows Rebecca Miller, left, with Martin Scorsese from the documentary series "Mr. Scorsese."

Associated Press

but Miller's film, culled from 20 hours of interviews with Scorsese over five years, is a more intimate, reflective and often funny conversation about the compulsions that drove him and the abiding questions of morality, faith and filmmaking that have guided him.

"Who are we? What are we, I should say?" Scorsese says in the opening moments of the series. "Are we intrinsically good or evil?" "This is the struggle," he adds. "I struggle with it all the time."

Miller began interviewing Scorsese during the pandemic. He was then beginning to make "Killers of the Flower Moon." Their first meetings were outside. Miller first pitched the idea to Scorsese as a multifaceted

portrait. Then, she imagined a two-hour documentary. Later, by necessity, it turned into a five-hour series. It still feels too short.

"I explained I wanted to take a cubist approach, with different shafts of light on him from all different perspectives collaborators, family," Miller says. "Within a very short amount of time, he sort of began talking as if we were doing it. I was a bit confused, thinking, 'Is this a job interview or a planning situation?'"

Scorsese's own documentaries have often been some of the most insightful windows into him. In one of his earliest films, "Italianamerican" (1974), he interviewed his parents. His surveys of cinema, including 1995's "A Personal Jour-

ney With Martin Scorsese Through American Movies" and 1999's "My Voyage to Italy," have been especially revealing of the inspirations that formed him. Scorsese has never penned a memoir, but these movies come close.

While the bulk of "Mr. Scorsese" are the director's own film-to-film recollections, a wealth of other personalities color in the portrait. That includes collaborators like editor Thelma Schoonmaker, Paul Schrader, Robert De Niro, Leonardo DiCaprio and Day-Lewis. It also includes Scorsese's children, his ex-wives and his old Little Italy pals. One, Salvatore "Sally Gaga" Uricola for the first time is revealed as the model for De Niro's troublemaking, mail-

box-blowing-up Johnny Boy in "Mean Streets."

"Cinema consumed him at such an early age and it never left him," DiCaprio says in the film. "There will never be anyone like him again," says Steven Spielberg.

It can be easy to think of Scorsese, perhaps the most revered living filmmaker, as an inevitability, that of course he gets to make the films he wants. But "Mr. Scorsese" is a reminder how often that wasn't the case and how frequently Scorsese found himself on the outside of Hollywood, whether due to box-office disappointment, a clash of style or the perceived danger in controversial subjects ("Taxi Driver," "The Last Temptation of Christ") he was drawn to.

"He was fighting for every single film," Miller says. "Cutting this whole thing was like riding a bucking bronco. You're up and you're down, you're dead, then alive."

Film executives today, an especially risk-averse lot, could learn some lessons from "Mr. Scorsese" in what a difference they can make for a personal filmmaker. As discussed in the film, in the late '70s, producer Irwin Winkler refused to do "Rocky II" with United Artists unless they also made "Raging Bull."

For Miller, whose films include "The Ballad of Jack and Rose" and "Maggie's Plan," being around Scorsese was an education. She found his films began to infect "Mr. Scorsese." □



Former first lady Michelle Obama takes part in a featured session and taping of her new podcast, IMO, with her brother Craig Robinson, not pictured, at the Austin Convention Center during the South by Southwest Conference and Festival on Thursday, March 13, 2025, in Austin, Texas.

Associated Press

Michelle Obama to promote new book 'The Look' with podcast series

NEW YORK (AP) — Former first lady Michelle Obama will be promoting her upcoming book on fashion, "The Look," through a special, six-part companion series to the podcast "IMO" that she hosts with her brother, Craig Robinson. Guests will include Jane Fonda, model-activist Bethann Hardison and designer-former J. Crew executive Jenna Lyons.

Higher Ground, the media company founded by Michelle Obama and former President Barack Obama, announced Thursday that "IMO: The Look" will pre-

miere Nov. 5 and run weekly over the following six weeks. Obama's book, a look at her fashion choices during her time in the White House and throughout her public life, is scheduled for Nov. 4. Obama's previous books include "Becoming," one of the bestselling memoirs in history by a former political figure.

Obama will launch "The Look" podcast series with an appearance at the Brooklyn Academy of Music, where she will be joined by entertainer-producer Tracee Ellis Ross. □

How did Grant Hill ask Erik Spoelstra to be the Olympic coach? Turns out, he didn't have to

By TIM REYNOLDS
AP Basketball Writer

MIAMI (AP) — At a dinner in Miami back in August, across the street from the arena where the Heat play their games, USA Basketball men's national team managing director Grant Hill had a question for Erik Spoelstra.

Hill wasn't even done asking before Spoelstra gave his answer.

"I'm in," Spoelstra said.

With that, USA Basketball had its next Olympic coach. Hill didn't have to finish asking the question. Everybody knew the deal was done.

And now, the process of getting ready for the 2027 World Cup in Qatar and the 2028 Los Angeles Olympics can officially begin. Spoelstra, who was announced as coach earlier this week and Hill sat side-by-side on Thursday, USA Basketball pins on the left lapel of their blue suit jackets, starting to lay out the plan toward what they hope is more gold for the U.S.

"We got our guy," Hill said. Spoelstra had some of his family — his sister and his three children — at the news conference, along with USA Basketball executives



Miami Heat head coach Erik Spoelstra reacts to his team as they play against the Orlando Magic during the first half of a preseason NBA basketball game, Sunday, Oct. 12, 2025, in Orlando, Fla.
Associated Press

Jim Tooley and Sean Ford, Heat President Pat Riley, Heat CEO Nick Arison and virtually the entire Heat coaching staff.

"I understand the expectations and the responsibility of this position," Spoelstra said. If he didn't understand, Heat players crashed the news conference to make sure he understood. Heat captain Bam Adebayo has been part of the last two Olympic

gold medal wins for the U.S., and he and many other teammates were waving small American flags and chanted "U-S-A!" much to Spoelstra's delight.

Adebayo has said he wants to play in the 2027 World Cup and 2028 Olympics as well. "Spo's a genius," Adebayo said.

Spoelstra worked his way through the USA Basketball ranks, first as the coach of the select team that helped

the Olympic team that Gregg Popovich coached to gold at the Tokyo Games in 2021, then as an assistant under Steve Kerr for the World Cup in 2023 and the Paris Games in 2024. His ties to USA Basketball extend even beyond that; Spoelstra went to multiple camps with Olympic teams when Heat players like Dwyane Wade, LeBron James and Chris Bosh were part of U.S. rosters.

"Coach Spoelstra represents everything we strive to be," Hill said.

Spoelstra decided to take the job only after seeing how much USA Basketball welcomes family; he had his kids with him in Paris. Making commitments for both the summer of 2027 and summer of 2028 — always busy times for kids — wouldn't have happened if his family couldn't be along for the ride.

"The culture of family within USAB is simply remarkable," Spoelstra said. "The experience that we had as a family at the Olympics will be memories that we'll have for the rest of our lives. So, I couldn't be more thrilled about this opportunity, and I'm really looking forward to the challenge."

Also not lost on Spoelstra: He's the first Filipino-American who will have this role. "That's America, right?" Spoelstra said.

Spoelstra has been with the Heat for more than 30 years now, starting in the video room he actually was hired shortly before the franchise brought Riley in to lead the basketball operations in September 1995 on his way to becoming head coach. □

NBA memo targets fan behavior, reminding teams to address unruly acts proactively

By TIM REYNOLDS
AP Basketball Writer

The NBA has reminded teams to prioritize addressing inappropriate fan behavior at games this season.

In a memo sent to all 30 clubs, the league told teams that it wants "consistent and vigilant enforcement of the NBA Fan Code of Conduct ... to deter and address fan misconduct at NBA games and events." A copy of the memo was obtained Wednesday by The Associated Press.

Fan behavior has been a hot topic across sports for some time. Among the notable incidents in the NBA last season: some fans in Dallas were ejected for

their reactions in the days following the team's decision to trade longtime Mavericks star Luka Doncic to the Los Angeles Lakers, and the Minnesota Timberwolves ejected a fan from a playoff game for racially charged comments directed toward Golden State's Draymond Green.

Golf's Ryder Cup was marred this year by hateful chants from some fans toward Rory McIlroy and other members of the European team, which defeated the U.S. to retain that trophy. In baseball, Jarren Duran of the Boston Red Sox was heckled by a fan about his mental health struggles which were chronicled in a Netflix

series the fan was ejected and two other fans at Yankee Stadium were ejected from a World Series game last year after one pried a foul ball out of the glove of Los Angeles Dodgers right fielder Mookie Betts.

The NBA, in the memo, told teams that arena staff "must be trained to identify behavior that violates NBA rules and to respond proactively." The NBA, like many leagues, also has a video detailing a code of conduct for fans played in every arena before each game.

"It is critical that teams and arenas vigorously enforce the Code of Conduct and not tolerate any misconduct that impacts our

players, fans, or otherwise disrupts the game," the league said.

The NBA season opens Tuesday with a pair of games:

Houston at defending champion Oklahoma City, then Golden State visiting the Los Angeles Lakers. □



Houston Rockets forward Kevin Durant (7) greets fans during the second half of an NBA preseason basketball game against the New Orleans Pelicans, Tuesday, Oct. 14, 2025, in Birmingham, Ala.

Associated Press

History shows a 1-5 team can rebound and make the playoffs, but Ravens have little room for error

By NOAH TRISTER

AP Sports Writer

OWINGS MILLS, Md. (AP) —

The Baltimore Ravens are hoping they'll be a completely different team after their bye week break — with Lamar Jackson back at quarterback and both sides of the ball looking more like they expected at the beginning of the season.

The question is whether it's already too late.

"If I didn't think we had the talent, the ability, the work ethic or the care factor from everybody in the building, then I wouldn't be as optimistic as I am," coach John Harbaugh said. "I'm not trying to stand up here and feed anybody any baloney or say things that aren't true or talk out of both sides of my mouth.

"I'm trying to be as honest and straightforward as I can about where we're at and what we need to do." A slew of injuries, combined with a tough early schedule, has left the Ravens with a 1-5 record that would have seemed unfathomable a couple months ago. The bye week they're currently on is quite welcome after Jackson missed the



Baltimore Ravens head coach John Harbaugh leaves the field following an NFL football game against the Los Angeles Rams Sunday, Oct. 12, 2025, in Baltimore.

last two games because of a hamstring injury, but Baltimore can't go back and undo what's already happened this season. All the Ravens can focus on is trying to beat Chicago on Oct. 26 and then hope that's the start of a resurgence. Only four teams since the merger have started 1-5 and still made the playoffs.

For a sense of how challenging it will be for Baltimore, here's a look at those four teams:

- 1970 Cincinnati Bengals. They actually started 1-6 before going unbeaten the rest of the way and finishing at 8-6. It really was a spectacular turnaround, with five of Cincinnati's final seven wins coming by double digits, and it was enough to

win the AFC Central, which had nobody else above .500.

- 2015 Kansas City Chiefs. After a 1-5 start, the Chiefs went 10-0 the rest of the way and earned a wild-card spot. They actually clinched a playoff berth with a game to spare.

- 2018 Indianapolis Colts. Indy went 9-1 after its poor start and also ended up

with a wild card. The Colts beat Tennessee in the regular-season finale, which determined the AFC's final playoff spot.

- 2020 Washington Football Team. Washington only needed to go 6-4 after its 1-5 start, because 7-9 was good enough to win the NFC East that year.

So the teams that have pulled this off have either gone on incredible runs themselves or benefited from weak divisions or both. The Ravens can derive hope from either of those paths. Their schedule eases up, with games against Miami, Cleveland, the Jets and Cincinnati (twice) in the first eight weeks after the bye. As for their division, Pittsburgh was 4-1 entering Thursday night's game against Cincinnati, but the other two AFC North teams are under .500 with Baltimore.

Working in Baltimore's favor is the fact there's one more wild-card spot than was available in 2018. Also, the regular season is 17 games now. The four teams above had 16 games or fewer when trying to salvage their seasons after starting 1-5. □

Associated Press

Expansion not discussed at the NHL's Board of Governors meeting, Gary Bettman says

By STEPHEN WHYNO

AP Hockey Writer

NEW YORK (AP) — Expansion was not discussed at the NHL's Board of Govern-

nors meeting on Wednesday, Commissioner Gary Bettman said afterward. The league has been at 32 teams since Seattle en-

tered for the 2021-22 season. There are groups who have aspirations of franchises in Atlanta and Houston, among other places.

"There is, and continues to be, interest from lots of places," Bettman said. "But none of it has reached the level that we need to focus on at this point."

Asked if the door could be opened on the expansion front at the next board meeting in December in Colorado Springs, Colorado, Bettman said that's not for the NHL to decide.

"If somebody knocks on the door, we'll peek around to see who's knocking and then decide what to do with it," Bettman said.

Among other topics, Bet-

tmann expressed concern about the construction timeline of the main hockey arena in Milan for the upcoming Olympics and said it's up to the International Olympic Committee. "We are constrained in what we can and can't do, request and demand and if it reached a certain point, we'll have to deal with it," Bettman said. "But I'm not speculating, and we've been constantly assured by the IOC and the (International Ice Hockey Federation) that it will be OK."

NHL salary cap remains the same

The salary cap is seeing record increases this year and over the following two

as revenues are skyrocketing. Bettman flatly denied buzz that had been going around about the cap being more than \$104 million next season.

"There's no change," Bettman. "I know there's a rumor going around that we're in discussions about the cap. That's absolutely, categorically untrue. There have been no discussions. It is what we've already agreed to."

Nuts and bolts board meeting

Bettman opened his chat with reporters by saying there was no news to report.

"Basically, it's a nuts and bolts meeting," Bettman said. □



NHL Commissioner Gary Bettman speaks before Game 3 of an NHL hockey Stanley Cup second-round playoff series on May 9, 2025, in Sunrise, Fla.

Associated Press